

## ABSTRACT

A belt for holding and supporting items for a user comprising an outer belt surface, an inner belt surface opposite the outer belt surface, and a first portion of a selectively releasable closure element traversing the outer belt surface and engaging the inner belt surface. A method for selectively releasably attaching a container to a belt, the method providing a first portion of a three-way fastener to a belt, providing a second portion of a three-way fastener to a container, and engaging the first portion and the second portion in an interlocking arrangement to selectively releasably attach the container to the belt is also presented.